

PE-80 – Athletic Conditioning

Course Information

Semester and Year: Spring 2026

Course ID and Section number: 060175

Instructor's name: Justin Claus

Day and time of required meetings: Tues/Thurs, 4:00 to 6:00

Location: Gymnasium

Course units: 1.5

Instructor Contact Information

- Office location: PE Office 100
- Office hours: Mondays and Wednesdays, 10:30am – 11:30am
- Phone number: 707-496-8423
- Email address: justin-claus@redwoods.edu

Catalog Description

- Physical conditioning through exercises, skills, and drills related to intercollegiate sports.
- PE-80 is a conditioning course open to all students interested in conditioning specific to basketball. Coursework will include drills to improve individual and team cardiovascular and strength conditioning, agility, basketball skills, and film analysis.

Course Student Learning Outcomes

- 1.) Demonstrate proper fundamentals and mechanics in sport-specific skills and drills.
- 2.) Create goals to improve physical conditioning and basketball knowledge by analyzing film.
- 3.) Apply conditioning concepts to improve cardiovascular endurance/speed, agility, and power/strength.
- 4.) Demonstrate the roles and responsibilities of a student-athlete (i.e. academic progress, punctuality, decorum policies).

Evaluation and Grading Policy

- Punctuality is a must, being late will impair your ability to properly warm-up and start scheduled events
- Participation in class activities is required
- Proper exercise attire is required: includes basketball shoes and if you wear any injury prevention gear (i.e. knee brace, ankle brace, etc.)
- No Street Clothes
- Participation in pre/post skills test

Methods of Evaluation:

· Final grade will be determined based on participation, assessment of cardiovascular endurance, strength training and free throw logs. After each grouping of three absence's, the student's grade will drop a letter grade. For instance, after the third unexcused absence, the best grade a student can receive is a "B." After nine or more unexcused absences, the best grade the student can receive is a "D." After the 12th class absence your course grade will be an "F." Students are only allowed to make up 3 absences over the course of the semester.

Grading:

100-90% = A

89-80% = B

79-65% = C

64-55% = D

0-54% = F

Prerequisites/corequisites/ recommended preparation

None

Educational Accessibility and Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a

physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](#), counseling and advising, alternate formats of course materials (e.g., audio books, braille, E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](#). If you are unsure whether you qualify, please contact Student Accessibility Support Services (SASS) for a consultation: sass@redwoods.edu.

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280
- Location: Learning Resource Center (Library)

Del Norte campus

- Phone: 707-465-2353
- Location: main building, near the Library

Klamath-Trinity campus

- Phone: 707-476-4280